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### National Random Acts of Kindness Week Reminds Us to Support Others

Office of University Communications

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# National Random Acts of Kindness Week Reminds Us to Support Others

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Office of University Communications

February 11, 2014

## *Gardner-Webb's Community Engagement Shares How Students Are Setting an Example*

BOILING SPRINGS, N.C. – National Random Acts of Kindness

Week is recognized Feb. 10 – 16 as a time to do something nice for others. This event is something that Gardner-Webb University believes in trying to model throughout the year and hopes that administrators, faculty, staff, and students, encourage one another to do their part in lending a helping hand to those in need.

“At Gardner-Webb, we encourage our students to participate in the organized institutional service opportunities we offer,” said Stephanie Richey Capps, director of Student Leadership Development and Community Engagement. “I have heard many stories of students gathering leftover food from events and taking them to the homeless shelter or participating in after school mentoring programs.”

Capps is pleased by how many students are simply serving others for the right reasons, asking nothing in return. She explains, “Students are simply serving with integrity and kindness. Obviously, we want students to participate through our offices, but when they do these things on their own time and initiative, we are inspired. The reality is that the heart of the University is these students that are serving behind closed doors.”

The Random Acts of Kindness Foundation, whose mission is to inspire people to practice kindness and pass it on to others, suggest individuals step out of their normal routine or comfort zone and attempt a new random act of kindness. Ideas include: treat someone to fresh fruits or vegetables; thank your parents; cook a meal for someone; pay for the order of the car behind you in a drive-thru restaurant line; and make time to be silly with someone.

Dr. Tracy Jessup, vice president for Christian life and service and senior minister to GWU, is reminded of scripture when random acts of kindness are discussed.

“Verses in Matthew 5 come to mind. ‘You are the light of the world. Let your light shine before others, so they may see your good works and give glory to your Father in heaven.’ We all can let our light shine to bring encouragement and hope to others,” Jessup reflected.

For more information on GWU’s Office of Student Leadership Development and Community Engagement or the Office Christian Life and Service, contact the Office of Communications at 704-406-3221. Also visit [randomactsofkindness.org](http://randomactsofkindness.org).

*Located in Boiling Springs, N.C., Gardner-Webb University offers a comprehensive academic experience that introduces students to the diverse world of ideas and to the people who think them, preparing them for professional success and for productive citizenship.*